

Seaside Buzz

CARLSBAD RECREATION DEPARTMENT-SENIOR CENTER NEWSLETTER | MAY 2008

Are You Prepared?



As I reflected on the number of phone calls and questions I received during “Firestorm 2007”, I realized that we still have a long way to go in educating our seniors about disaster preparedness. This month’s article will kick off our annual campaign to get the word out and encourage seniors to be prepared and survive future disasters.

I would like to share with you some information I received from a wonderful booklet called “Family Disaster Plan and Personal Survival Guide”.

Here are some great tips to help you survive a disaster:

Be prepared. An extra level of care is needed for older adults who may have health, ability or transportability concerns. In addition to having a disaster kit with a first aid kit, radio, good walking shoes, water, and food supplies for at least three days, make sure to prepare a kit with personal care items and an extra set of medications. Having someone at your home trained in First Aid/CPR as well as knowledge of how to protect yourself from falling objects, smoke, fire and toxic fumes is crucial. It may take as long as three days in a large disaster for emergency services to reach your home.

Create a network. If you live at home alone, organize a network of reliable contacts both near and far. Phone numbers of neighbors, friends, and relatives should be at hand. Out-of town contacts are important since communications within the danger

area could be impossible, and they can possibly make calls to and/or receive calls from those in the affected area. Have conversations with your contacts so that everyone is aware of your physical condition, mobility needs, concerns, or medical conditions. Select a meeting place if a regional evacuation is required or you must leave your home. Take time to complete an Emergency Contact Card listing these family contacts, out-of town contacts, and family meeting place. I have included one in the newsletter for each of you to fill out and put in your wallet.

Other good ideas. Know how to shut off your utilities. Have a designated wrench to shut off the gas. I also suggest carrying a list of medications and dosages with you, as well as a list of your physicians. In addition, have a plan for the care of your service animal or pet. Many shelters will not allow you to bring your pet. You can call 211 for animal shelter information. Many local animal shelters will take care of your pet during a disaster.

I encourage you to fill out the enclosed Red Cross Emergency Contact card and **MAKE A PLAN**. We will continue to give you helpful information in future newsletters to ensure you are prepared and can return safely to us at the Senior Center once a disaster is over.

– Gail Lynn, Senior Center Manager

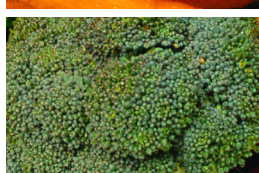
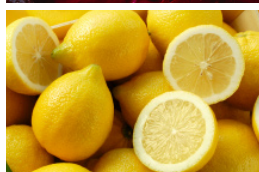
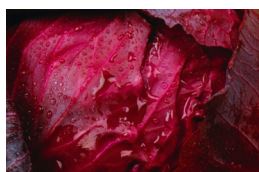
News & Features • MAY 2008

NUTRITION CORNER

by Jack Risley, Recreation Supervisor

HIGHLIGHTS FROM THE JOURNAL OF THE AMERICAN DIETETIC ASSOCIATION

The Smell of Spring Means Fresh Produce



The beginning of April and May are a welcome turn of the calendar. As the ground thaws and the soil warms, visions of cantaloupe, strawberries and peapods dance in our heads. April showers not only bring May flowers, they also bring us more choices in the produce aisle.

The Dietary Guidelines for Americans recommend we eat between 2 cups of fruit and 2 ½ cups of vegetables every day (for a 2,000 calorie diet). They're almost all low in fat and calories, full of fiber and a key ingredient in a healthful eating plan. Research continues to show the role fruits and vegetables play in disease prevention, such as cancer, heart disease and diabetes.

Get ready to fill your plate with all the fruits and vegetables spring and summer seasons have to offer: berries, grapes, fresh greens and tender onions; blushing beets, mouth-watering melons, fabulous fennel and incomparable tomatoes.

- Puree berries for a thick, sweet sauce on grilled or broiled fish or poultry, pancakes or waffles.
- Grill or sauté spring onions and serve them on sandwiches, salads or in pasta dishes. The phytonutrients that make onions so flavorful and so healthful may also help to lower LDL – (bad) cholesterol.
- Dip vegetables in fresh salsa made with lycopene-loaded tomatoes, add mangoes and honeydew melon. Both contain zeaxanthin, which helps keeps your eyes healthy.
- Add folate-rich beets to your green salad.
- Grill fennel and serve it as a side dish. You'll benefit from the potassium, calcium and phosphorus fennel brings to the table.
- Treat yourself to heaping helpings of all the produce that is in season. Enjoying the great taste of good food doesn't get any easier and it doesn't get any better than spring and summer.

Senior Safari Excursions

MAY

GRIFFITH PARK OBSERVATORY

Thursday, May 8

Depart: 9:15 am

Return: 7:15 pm

Fees: \$68/R - \$78/NR

The Griffith Park Observatory has been a landmark since 1935, and still remains one of the top tourist attractions of Southern California. It is once again open to the public after undergoing its first major renovation. Every system of the Observatory including the Samuel Oschlin Planetarium has been expanded while maintaining the original classic look and feel. Lunch before the tour is included at the famous Tam O'Shanter Inn, a member of the Lawry's Restaurant chain.

A DAY IN POMPEII

Wednesday, May 21

Depart: 10:30 am

Return: 4:00 pm

Fees: \$75/R - \$85/NR

This excursion takes us to the San Diego Natural History Museum for "A Day In Pompeii" exhibit that will feature more than 250 artifacts unearthed from thirty feet of volcanic material. Special permission has been granted for this exhibition of the Roman City of Pompeii that was frozen in time by the catastrophic eruption of Mt. Vesuvius. Lunch is included at the Edgewater Grill.

VIEJAS CASINO

Thursday, May 29

Depart: 9:00 am

Return: 4:00 pm

Fees: \$18/R - \$28/NR

Another fun day with so many things to do. Of course I mean the Viejas Casino and the wonderful Company stores. People watching is also abundant and everyone will receive a \$5.00 coupon off lunch and a "fun book".



JUNE

BY LAND AND BY SEA

Thursday, June 5

Depart: 9:30 am

Return: 6:00 pm

Fees: \$75/R - \$85/NR



This excursion to Long Beach starts with lunch at Bubba Gumps Shrimp Company, where we will be treated to a tasty and delightful meal. Lunch will be followed by a narrated cruise of the Long Beach harbor, and we will finish the day with a self guided tour of the world class Aquarium of the Pacific. Come along for a terrific day.

MY FAIR LADY

Sunday, June 15

Depart: 9:00 am

Return: 5:00 pm

Fees: \$98/R - \$108/NR

This wonderful musical is full of so many great songs you will most likely find yourself singing along to the "The Rain In Spain", "On the Street Where You Live", "Get Me To The Church On Time" and of course "I Could Have Danced All Night." This excursion will give us some free time at South Coast Plaza where you can have lunch on your own or even brown bag it before the bus will pick us up and take us to the theater for the 1:00 pm matinee. Please come join us to see this magical award winning production.

JULY

4TH OF JULY SPECTACULAR

Friday, July 4th

Depart: 5:30 pm

Return: 11:00 pm

Fees: \$108/R - \$118/NR

We have arranged for a private boat with our own dock, a private special buffet dinner and there will be music and dancing with lots of room for viewing the fabulous fireworks display as we will be the only group on board for this wonderful celebration. Register early!

Senior Specials • MAY 2008

MONTHLY DANCE, CITY SPONSORED

The Billy Harper Band

Thursday, May 1, 2008

1:30pm – 3:30pm, Auditorium

Let May be the month you decide to come out and kick up your heels to the tunes of “The Billy Harper Band”. This is a classic band that plays the songs of the 40’s and 50’s. The songs will bring back those great memories as you dance the swing, waltz and even the tango. So come and put on your dancing shoes and join us for a great music, refreshments, and a chance to win a prize in our drawing for only \$3.



UKULELE CLASS

Frank Leong, Instructor

Beginning May 6, 2008

10:00am-11:30am, New Art Room

Frank Leong is here to share the joy, fun and ease of learning to play the ukulele. His method of teaching others to play the ukulele is to simplify the learning process. In this manner, all people of all ages are able to learn to play this instrument. This romantic instrument has been played by the Hollywood stars, including Betty Grable, Marilyn Monroe, Lucy Arnaz, including the “King of Rock and Roll”, Elvis Presley, and musicians like the Beatles. This class is sure to be fun and therapeutic!

DRAWING CLASS

Jack Vogelsang, Instructor

Beginning in May

Day and Time to be Determined

Jack Vogelsang is an accomplished artist and will be teaching this beginning drawing class. This class will be a continuous course in the art of pencil drawing and sketching. Drawing can be therapeutic, educational, social and challenging. If you ever had a desire for art, this class is the one for you! Who knows, maybe you can be the next Norman Rockwell.

“LAUGHING YOUR WAY TO HEALTH”

Susan Soest, MSW, LCSW, Administrator

Silverado At Home

10:00am – 11:30am

Tuesday, May 6th, Activity Room

In this presentation you will learn ways that our mental/emotional state can impact our physical health; effective

strategies for promoting positive health; “Type A” risk behaviors for heart disease; and the relationship between optimism and health. Susan Soest has been working in healthcare and geriatrics for 15 years. She has provided counseling, advocacy and hospital discharge planning services for older adults with chronic illnesses and traumatic injury. This is a free seminar with priceless information.

EYE HEALTH SCREENING

Dr. Melissa Kleman

Innovision Eye Care Center

Wednesday, May 7th

9:00am – 10:30am

Conference Room #108

The staff at Innovision Eye Care Center in Carlsbad will be performing free eye health screenings! Join Dr. Melissa Kleman and staff as you will gain awareness of your health, existence of glaucoma or cataracts, and a chance to talk with our surgical counselor. In addition, there will be free samples available, and complimentary brochures describing a variety of eye health conditions. Don’t forget to bring a friend!

HEARING EDUCATION & SERVICE

Kevin Mokhtari, Hearing Aid specialist

Clear Choice Hearing Aid Center

Wednesday, May 7th

10:00am – 11:00am

Conference Room #104

Clear Choice Hearing Aid Center has been proudly service senior citizens in North County for over 20 years. We offer free screening, cleaning and hearing aid adjustments. Kevin Mokhtari, our hearing aid specialist will be here on the first Wednesday of every month from 10am to 11am in Conference Room #104. We can answer your questions and provide education for your hearing needs. We will also have an assortment of batteries for purchase.



MONTHLY MOVIE, “CHICAGO”

Thursday, May 8th

1:00pm – 3:00pm

Auditorium

With the right song and dance, you can get away with murder. Murderesses Velma Kelly (Catherine Zeta-Jones) and Roxie Hart (Renee Zellweger) find themselves on

Senior Specials

death row together as they fight for the fame that will keep them from the gallows in 1920's Chicago. This is an Academy Award winner and a must see. Free movie, popcorn & candy, what more can you ask?

CHORALEERS' SPRING CONCERT

Thursday, May 15th

1:00pm, Auditorium

Please join us for this special day with the "Choraleers." They are a favorite here at the Senior Center and this is a show you cannot miss. Spring is here, the flowers are blooming and everyone needs a "song in their heart!" Admittance is free, but come early to get a good seat.

WII BOWLING TOURNAMENT

Lee Duperry

Home Instead Senior Care

Monday, May 19th

1:00pm – 2:30pm

Auditorium

This is for those of you who love to play, like to compete and move around a bit. The Wii is the new rage for all ages, because all ages can play. This is a "virtual reality" computer game console and all the games are played indoors. We will be Bowling for prizes! So come and check this new gadget out and see what you can win.

"GOOD-TO-GO" DRIVING REHAB PROGRAM

Farrell Sheffield, OTR/L, CDRS

Tri-City Medical Center

Tuesday, May 20th

10:00am – 11:30am

Activity Room

This is a seminar for those who want to maintain their active and independent lifestyle through driving. Farrell Sheffield is the Coordinator of the "Good to Go" Driver Rehab Program for Tri-City Medical Center. She is a licensed Occupational Therapist with experience in inpatient/outpatient, home health, hand therapy, vision rehab, and driver rehab. She is also a certified Driver Rehab Specialist.



COOKING DIVA

Helen Moore, Instructor

Wednesday, May 28th

3:00pm – 4:00pm

Senior Center Kitchen

If you like to cook, or you like to eat, or both, then you need to come to this class. Helen Moore is a graduate of the Culinary Institute of America in Hyde Park, New York. This class is just like the Food network, but even better because everyone will get a chance to sample the food and go home with the printed recipes. Come and join Helen for a fun time in the kitchen? Suggested donation is \$5, and reservations are required. Call 602-4650.

NATIONAL SENIOR HEALTH & FITNESS DAY 2008

Wednesday, May 28, 2008

9:30am, Pine Avenue Park

May is "Older Americans Month," the nation's largest older adult health promotion event, and the theme this year is: "Fitness... a lifetime investment." This is the 15th anniversary of the event. Come and join us for a one-mile walk on this day. Please bring your friends and we will start and end with a stretch in Pine Avenue Park. All those who walk will receive a special treat!

LA COSTA LUNCH AND MEDICAL APPOINTMENT TRANSPORTATION EXPANDING

Beginning May 5, 2008 transportation to the Senior Center for lunch will expand to include Monday and Friday, in addition to our current Tuesday and Thursday schedule.

In addition, we will be able to expand the number of medical appointments. Transportation services are for seniors over 60 who can no longer drive. For reservations stop by the front desk or call 760-602-4650.

Senior Spotlight • MAY 2008

ANN HOPP

Ann Hopp was born and raised in Flynt, Michigan. At 17 she decided to become a nun with the Sisters of St. Joseph. She was trained in teaching and nursing. She left the order after ten years. Ann does not regret the time spent as a nun, she states "it played a big part in who I am today."

Ann later married, and she and her husband adopted 2 children. The family moved to North County in 1974, drawn by the weather. Ann has worked in pediatrics, emergency rooms, and on the surgical floor. After retirement, she and her husband of 39 years moved from Encinitas to Lake San Marcos.

Full-time retirement was not in the cards for Ann and she decided to go back to work part-time as an outreach nurse. She spends every Tuesday here at the Carlsbad Senior Center



from 8:30am – 11:00am in the conference room, checking blood sugars, cholesterol levels, and offering support and reassurance to patients. She takes her time to answer questions, and she advises seniors on how to be their own health care advocates. For those who do not have health insurance, she provides education, referrals and explains to them where they can go. Ann also provides "flu shot" injections annually right before flu season.

We are proud to have Ann Hopp here at our Senior Center providing a much needed service and when she

says "I get back so much more than I give" she is not talking about the "blood samples".

– by Teresa Dunn

➔ **Newsletter Now Online!** Help us save printing costs by subscribing to the newsletter online. Go to www.carlsbadca.gov, click on Subscription Service on the left, and sign up for the Senior Center Newsletter.

ORGANIZATION CONTACTS

Aging and Independence, Services	
For Assistance, Information,	
or for Reporting Abuse	1-800-510-2020
Carlsbad Fire Department	760-931-2197
Carlsbad Police / Sheriff (Non-Emergency)	760-932-2197
Elder Abuse in Facilities	1-800-640-4661
	or 1-858-560-2507
In Home Supportive Services, North County	760-480-3424
Medicare Plan References,	
www.medicare.gov	1-800-633-4227
Mental Health Service,	
North County Coastal	760-967-4475
Seniors & Teens Hotline	211

SENIOR CENTER CONTACTS

Activities, <i>Teresa Dunn</i>	760-602-4654
Dining Room Reservations (24 Hours)	760-602-4655
Facility Reservations, <i>Rosalind Barron</i>	760-602-4659
Home Meal Delivery, <i>Vincent Rodrigues</i>	760-602-4652
Legal Assistance	760-602-4650
Medical Insurance Assistance (HICAP)	1-800-434-0222
Program and Trip Registration	760-602-4650
Senior Safari, <i>Cynthia Torrie</i>	760-602-4653
Transportation Reservations	760-602-4650

The Senior Center is open from 8am-5pm, Monday-Friday



Carlsbad Senior Center
799 Pine Avenue, Carlsbad, CA 92008
760-602-4650

May 2008 Activities Calendar

* Appointment required
** Pre-registration with Mira Costa (795-6820)
*** Special this month

ACT – Activity Room
ART-R – Art Room (New)
ART-S – Art Studio (Old)
AUD – Auditorium
COM – Computer Room
CR – Conference Room

DN – Dining Room
DS – Dance Studio
LG – Lounge
P – Patio
PARK – Pine Park
PL – Parking Lot
Room 104
Room 108

MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
												<div><div>8:00 – 5:00 8:30 – 9:30 9:00 – 11:00 9:30 – 11:30 10:00 - 11:15 10:00 – 11:30 10:30 – 12:00 12:30 – 4:00 1:30 – 3:30</div><div>PC Lab Low Impact Aerobics Watercolor Class *Individual Nutrition Plan Yoga – Level III Middle Eastern Dance **Balance & Mobility *Walmart/Trader Joes ***Dance-Billy Harper</div><div>COM AUD ART-S CR AUD ACT DS PL AUD</div><div>1</div></div>				<div><div>8:00 – 9:30 8:00 – 5:00 8:30 – 11:00 9:00 – 11:00 9:45 – 10:45 12:30 – 4:00 12:45 – 2:45 1:00 – 3:00 1:00 – 4:00 3:00 – 4:30</div><div>**Tai Chi PC Lab Crafti-Crafters Discussion Group **Body Conditioning Party Bridge Hawaiian Dance – Int/Adv *HICAP Scrabble Jazz & Tap Dancing</div><div>AUD COM ART-S ACT AUD AUD DS CR LG DS</div><div>2</div></div>			
<div><div>8:00 – 9:30 8:00 – 5:00 9:00 – 11:15 9:00 – 12:00 9:45 – 10:45 11:00 – 12:30 12:30 – 1:30 1:00 – 2:30 1:00 – 3:00 3:00 – 4:15 3:00 – 4:15</div><div>**Tai Chi PC Lab Writers Group Spanish – Levels I, II, III **Body Conditioning **Balance & Mobility Line Dancing – Beginning International Folk Dancing Senior Readers Theater Yoga – Level I Yoga – Level II</div><div>AUD COM ART-R ART-S AUD DS DS ART-S DS AUD</div><div>5</div></div>				<div><div>8:00 – 11:00 8:30 – 11:00 9:00 – 10:15 9:30 – 11:30 9:30 – 11:00 9:30 – 12:30 10:00 – 11:30 10:30 – 12:00 12:30 – 4:30 12:30 – 4:00 1:00 – 3:00 1:00 – 4:00</div><div>Needlecraft Health Screening – 104 & *Qigong for Vital Energy *Computer Class Country Line Dancing *Legal Assistance ***Laughing for Health **Balance & Mobility Chess Group Bingo *Computer Class **Life Story Writing</div><div>ART-S 108 DS COM AUD CR ACT DS DS AUD COM ART-S</div><div>6</div></div>				<div><div>8:00 – 9:30 9:00 – 10:30 10:00 – 11:00 9:30 – 11:30 9:45 – 10:45 11:00 – 12:30 11:00 – 2:00 1:00 – 3:30 1:30 – 3:30 1:30 – 4:30 2:00 – 3:30 2:30 – 4:30</div><div>**Tai Chi in AUD & 9:30-11 FREE Eye Screenings FREE Hearing Screenings *Computer Class **Body Conditioning **Balance & Mobility *Massage Therapy **Self Awareness/Improv *Beginning Ceramics Pinochle Group Five-In-One-Joy Class Hawaiian Dance – Beg/Int</div><div>DS 104 108 COM AUD DS 104 AUD ART-S ACT ART-R DS</div><div>7</div></div>				<div><div>8:00 – 5:00 8:30 – 9:30 9:00 – 11:00 9:15 – 7:15 10:00 - 11:15 10:00 – 11:30 10:30 – 12:00 1:00 – 3:00 2:00 – 4:00</div><div>PC Lab Low Impact Aerobics Watercolor Class Griffith Park Observatory Yoga – Level III Middle Eastern Dance **Balance & Mobility ***Free Movie-Chicago PC Users</div><div>COM AUD ART-R PL AUD ACT DS AUD ACT</div><div>8</div></div>				<div><div>8:00 – 9:30 8:00 – 5:00 8:30 – 11:00 9:00 – 11:00 9:45 – 10:45 12:30 – 4:00 12:45 – 2:45 1:00 – 4:00 3:00 – 4:30</div><div>**Tai Chi PC Lab Crafti-Crafters Stamp Club **Body Conditioning Party Bridge Hawaiian Dance – Int/Adv Scrabble Jazz & Tap Dancing</div><div>AUD COM ART-S DS AUD AUD DS LG DS</div><div>9</div></div>			
<div><div>8:00 – 5:00 9:00 – 11:15 9:00 – 12:00 9:45 – 10:45 11:00 – 12:30 12:00 – 5:00 12:30 – 1:30 1:00 – 2:30 3:00 – 4:15 3:00 – 4:15</div><div>PC Lab Writers Group Spanish – Levels I, II, III **Body Conditioning **Balance & Mobility PC LAB Line Dancing – Beginning International Folk Dancing Yoga – Level I Yoga – Level II</div><div>COM ART-R ART-S AUD DS COM AUD DS DS AUD</div><div>12</div></div>				<div><div>8:00 – 11:00 8:30 – 11:00 9:00 – 10:15 9:30 – 11:30 9:30 – 11:00 9:30 – 11:30 10:30 – 12:00 12:30 – 4:30 12:30 – 4:00 1:00 – 3:00</div><div>Needlecraft Health Screening – 104 & *Qigong for Vital Energy *Computer Class Country Line Dancing SOCCER GOLF **Balance & Mobility Chess Group Bingo *Computer Class</div><div>ART-S 108 DS COM AUD PARK DS DS AUD COM</div><div>13</div></div>				<div><div>8:00 – 5:00 9:45 – 10:45 10:30 – 11:30 11:00 – 12:30 11:00 – 2:00 1:30 – 3:30 1:30 – 4:30 2:00 – 3:30 2:30 – 4:30</div><div>PC Lab **Body Conditioning Laughter Yoga **Balance & Mobility *Massage Therapy *Beginning Ceramics Pinochle Group Five-In-One-Joy Class Hawaiian Dance – Beg/Int</div><div>COM AUD ACT DS 104 ART-S ACT ART-R DS</div><div>14</div></div>				<div><div>8:00 – 5:00 8:30 – 9:30 9:00 – 11:00 9:30 – 11:30 10:00 - 11:15 10:00 – 11:30 10:30 – 12:00 12:30 – 4:30 1:00 – 3:00 1:00 – 3:00 2:00 – 4:00</div><div>PC Lab Low Impact Aerobics Watercolor Class *Individual Nutrition Plan Yoga – Level III Middle Eastern Dance **Balance & Mobility *AARP Driving Class Choraleers Spring Concert Ballroom Dance Lessons PC Users</div><div>COM AUD ART-S CR AUD ACT DS ART-S AUD DS ACT</div><div>15</div></div>				<div><div>8:00 – 5:00 8:30 – 11:00 9:00 – 11:00 9:45 – 10:45 12:30 – 4:00 12:45 – 2:45 1:00 – 3:00 1:00 – 4:00 3:00 – 4:30</div><div>PC Lab Crafti-Crafters Discussion Group **Body Conditioning Party Bridge Hawaiian Dance – Int/Adv *HICAP Scrabble Jazz & Tap Dancing</div><div>COM ART-S ACT AUD AUD DS CR LG DS</div><div>16</div></div>			
<div><div>8:00 – 5:00 9:00 – 11:15 9:00 – 12:00 9:45 – 10:45 11:00 – 12:30 12:30 – 1:30 1:00 – 2:30 1:00 – 3:00 3:00 – 4:15 3:00 – 4:15</div><div>PC Lab Writers Group Spanish – Levels I, II, III **Body Conditioning **Balance & Mobility Line Dancing – Beginning Wii Tournament International Folk Dancing Senior Readers Theater Yoga – Level I Yoga – Level II</div><div>COM ART-R ART-S AUD DS AUD ACT DS ART-S DS AUD</div><div>19</div></div>				<div><div>8:00 – 11:00 8:30 – 11:00 9:00 – 10:15 9:30 – 11:30 9:30 – 11:00 9:30 – 11:30 9:30 – 12:30 10:00 – 11:30 10:30 – 12:00 12:30 – 4:30 12:30 – 4:00 1:00 – 3:00</div><div>Needlecraft Health Screening - 104 *Qigong for Vital Energy SOCCER GOLF Country Line Dancing *Computer Class *Legal Assistance ***Driver Rehab Program **Balance & Mobility Chess Group Bingo *Computer Class</div><div>ART-S 108 DS PARK AUD COM CR ACT DS DS AUD COM</div><div>20</div></div>				<div><div>8:00 – 5:00 9:45 – 10:45 10:30 – 4:00 10:30 – 11:30 11:00 – 12:30 11:00 – 2:00 1:30 – 3:30 1:30 – 4:30 2:00 – 3:30 2:30 – 4:30</div><div>PC Lab **Body Conditioning A Day in Pompeii Laughter Yoga **Balance & Mobility *Massage Therapy *Beginning Ceramics Pinochle Group Five-In-One-Joy Class Hawaiian Dance – Beg/Int</div><div>COM AUD PL ACT DS 104 ART-S ACT ART-R DS</div><div>21</div></div>				<div><div>8:30 – 9:30 9:00 – 11:00 9:30 – 11:30 10:00 - 11:15 10:00 – 11:30 10:30 – 12:00 12:00 – 5:00 12:30 – 4:30 1:00 – 3:00 2:00 – 4:00</div><div>Low Impact Aerobics Watercolor Class *Computer Class Yoga – Level III Middle Eastern Dance **Balance & Mobility PC Lab *AARP Driving Class Ballroom Dance Lessons PC Users</div><div>AUD ART-S COM AUD ACT DS COM ART-S DS ACT</div><div>22</div></div>				<div><div>8:00 – 5:00 8:30 – 11:00 9:00 – 11:00 9:45 – 10:45 12:30 – 4:00 12:45 – 2:45 1:00 – 4:00 3:00 – 4:30</div><div>PC Lab Crafti-Crafters Stamp Club *HICAP **Body Conditioning Party Bridge Hawaiian Dance – Int/Adv Scrabble Jazz & Tap Dancing</div><div>COM ART-S ACT CR AUD AUD DS LG DS</div><div>23</div></div>			
<div><div>8:00 – 11:00 8:30 – 11:00 9:30 – 11:30 9:30 – 11:00 9:30 – 11:30 12:30 – 4:30 12:30 – 4:00 1:00 – 3:00</div><div>Needlecraft Health Screening – 104 & SOCCER GOLF Country Line Dancing *Computer Class Chess Group Bingo *Computer Class</div><div>ART-S 108 PARK AUD COM DS AUD COM</div><div>27</div></div> <div><div>MEMORIAL DAY SENIOR CENTER CLOSED</div></div>				<div><div>8:00 – 5:00 9:30 – 11:00 10:30 – 11:30 11:00 – 2:00 1:00 – 3:00 1:30 – 3:30 1:30 – 4:30 2:00 – 3:30 2:30 – 4:30 3:00 – 4:00</div><div>PC Lab Senior Fitness Day Walk Laughter Yoga *Massage Therapy *Legal Assistance *Beginning Ceramics Pinochle Group Five-In-One-Joy Class Hawaiian Dance – Beg/Int Cooking Diva Class</div><div>COM PARK ACT 104 CR ART-S ACT ART-R DS Kit</div><div>28</div></div>				<div><div>8:00 – 5:00 8:30 – 9:30 9:00 – 11:00 9:30 – 4:00 10:00 - 11:15 10:00 – 11:30</div><div>PC Lab Low Impact Aerobics Watercolor Class Viejas Casino Yoga – Level III Middle Eastern Dance</div><div>COM AUD ART-S PL AUD ACT</div><div>29</div></div>				<div><div>8:00 – 5:00 8:30 – 11:00 8:30 – 11:30 9:00 – 11:00 12:30 – 4:00 12:45 – 2:45 1:00 – 4:00 3:00 – 4:30</div><div>PC Lab Crafti-Crafters Ukulele Class *HICAP Party Bridge Hawaiian Dance – Int/Adv Scrabble Jazz & Tap Dancing</div><div>COM ART-S ART-R CR AUD DS LG DS</div><div>30</div></div>							